

Department of Education
Division of Camarines Sur
GOA NATIONAL HIGH SCHOOL
Goa, Camarines Sur
S/Y 2022-2023
Physical Education and Health
Quarter 2 - Quiz 1

TEST I. MULTIPLE CHOICE

Direction: Choose the letter of the correct answer and write your answer in the blank provided.

- _____ 1. These are non-infectious illnesses but can be inherited or developed based on the in lifestyle.
a. Communicable Diseases
b. Non-communicable Diseases
c. COVID-19
d. none of the above
- _____ 2. Diseases that are developed due to an individual's usual routine, food intake, vices or way of life.
a. Non-Communicable Diseases
b. Communicable Diseases
c. Lifestyle Diseases
d. NCDs
- _____ 3. It is a kind of tobacco smoke and known as "first-hand smoke" from lit cigarettes that is both inhaled and exhaled.
a. Second-hand Smoke
b. Third-hand Smoke
c. Sidestream Smoke
d. Mainstream Smoke
- _____ 4. It is the smoke that refers to cigarette offshoots which is attached to the smoker's hair and clothing as well as various surfaces like walls, floors, furniture, chairs and toys.
a. Third-hand Smoke
b. Mainstream Smoke
c. Second-hand Smoke
d. Sidestream Smoke
- _____ 5. The following are harmful substances of tobacco **EXCEPT**:
a. Tar
b. Nicotine
c. Carbon Monoxide
d. Oxygen
- _____ 6. Which is **not** a lifestyle disease?
a. Type 2 Diabetes
b. Cancer
c. Cardiovascular Disease
d. Pneumonia
- _____ 7. Cardiovascular disease is a
a. disease of the heart and blood vessels
b. infectious disease
c. growth of abnormal cells
d. body doesn't produce enough insulin in order to regulate blood sugar
- _____ 8. Which of these individuals has a sedentary lifestyle?
a. Leslie enjoys playing video games but does not like outdoor sports.
b. Jackie is on the gymnastics team and enjoys helping her father in the garden.
c. Ted regularly helps around the house but he does not like outdoor activities.
d. Kyle does not play any outdoor sports but takes a brisk 30-minute walk every day.
- _____ 9. Which Lifestyle Disease is related to heart attack, atherosclerosis, stroke, and high blood pressure?
a. Cancer
b. Cardiovascular Disease (CVD)
c. Type 1 Diabetes
d. Type 2 Diabetes
- _____ 10. It is the usual choice of food that people make.
a. Sedentary Lifestyle
b. Smoking
c. Dietary Habits
d. None of the above

TEST II. IDENTIFICATION

Direction: Identify what type of disease associated with unhealthy lifestyle is being described. Write your answer in the blank.

- _____ 11. Cardiac muscle failure due to lack of blood flow to the heart.
- _____ 12. A disease where cell divide at an uncontrolled pace. These cells can form tumors.
- _____ 13. A disease resulting from a condition of the body is not able to produce or effectively use insulin.
- _____ 14. A disease that is commonly called chronic obstructive pulmonary disease (COPD). It occurs in the air paths and other parts of the lungs.
- _____ 15. A disease of the heart and blood vessels and is the leading cause of death in the Philippines.

TEST III. MATCHING

Direction: Match column A with the corresponding item in column B. Write the letter of the correct answer in the blank provided.

Column A

- _____ 16. It is a harmful byproduct of smoking cigarettes. This toxic substance is carcinogenic and accumulates inside the respiratory system.
- _____ 17. It is a toxic chemical compound that mostly consists of nitrogen, which also makes cigarettes addictive.
- _____ 18. It is a poisonous chemical from burnt cigarette that makes the heart do more work to supply sufficient oxygen in the body.
- _____ 19. Occurs when the person does not follow the principles of good nutrition adequacy, balance, and variety.
- _____ 20. A type of lifestyle involving little or no physical activity.

Column B

- a. Poor Dietary Habit
- b. Carbon Monoxide
- c. Tar
- d. Sedimentary Lifestyle
- e. Nicotine

TEST IV. TRUE OR FALSE

Direction: Write **T** if the statement is true and write **F** if the statement is false.

- _____ 21. Go Smoke-free highlights the bad effects of smoking.
- _____ 22. A healthy lifestyle is all about making one's health and well-being a priority.
- _____ 23. Go Sigla emphasizes on regular exercise of at least three to four times a week.
- _____ 24. Following a lifestyle without vices like smoking and drinking, having a healthy eating habit, and appropriate physical activity reduces and eliminates the risks of developing NCDs.
- _____ 25. Go Slow Tagay aims to prevent hypertension and cardiovascular diseases as well as obesity.